

Assessment Schedule – Basic Massage

Conditions

The assessment is to be carried out within the Otago Polytechnic student massage clinic.

The assessment is an open-book test.

The assessment takes place within a 90 minute block.

0:00 – 0:15 Available for the student to prepare for their massage session with a client.

0:15 – 1:15 Client's massage session including initial interview & post-treatment process.

1:15 – 1:30 Available for the student to clean up after their massage session.

Resources

The massage table, clinic, and course texts that may be used as reference material are provided by Otago Polytechnic.

Students must provide their own drapes, lubricant, cleaning products and any additional equipment that may be required.

Assessor Guidelines

If the assessor judges the descriptor in the judgement column to be **accurate**, a *tick* should be placed in the appropriate column.

If the assessor judges the descriptor in the judgement column to be **inaccurate**, a *cross* should be placed in the appropriate column.

If the assessor judges the descriptor in the judgement column to be **unnecessary** within the context of the treatment, *N/A* should be placed in the appropriate column.

A student must meet 32/36 of the *competency criteria (C)* to be **competent** in the assessment.

A student must meet 32/36 of the *competency criteria and 75% of the marks contributing to merit (M)* to gain a **merit** in the assessment.
Every competency mark over 32 is equivalent to 2 merit points.

ASSESSING	EVIDENCE	JUDGEMENT	C ☑	M ☑
Prepare for massage practice (environment, equipment and self)	Evidence is taken from the student's personal preparation and their preparation of a supervised clinical environment.	<u>Environmental & Personal Preparation</u>		
		Student arrives at least 10 minutes before the scheduled appointment		
		Student is appropriately dressed		
		• Wears long dress shorts or trousers • Shirt/top covers armpits • Shirt/top covers cleavage • All hand & wrist jewellery removed • Footwear does not impede body mechanics • Footwear clean & odorless • Wears footwear (to greet client) • Fingernails clean & short		
		Temperature is checked & is adjusted if it is too hot or too cold		
		If temperature is adequate, student mentions this to the supervisor		
		<u>Massage Table/Chair</u>		
		Massage table should be cleaned & draped before the massage appointment time.		
		Practitioner adjusts the table height and/or positioning to ensure the • Comfort and safety of the practitioner • Practitioner is able to apply massage techniques effectively		
		Massage table/chair is properly set up for use with clients in an area that is free of obstructions and hazards.		

ASSESSING	EVIDENCE	JUDGEMENT	C ☑	M ☑
Prepare for massage practice (environment, equipment and self)	Evidence is taken from the student's preparation of a supervised clinical environment.	<u>Pillows/Bolsters</u>		
		In the first 5 minutes of the treatment, bolsters are arranged in a best practice manner, unless the client has decided that they would like to be bolstered in another manner.		
		• <i>Supine – support under knees & head</i> • <i>Prone – support under ankles</i> • <i>Sidelying – support under head, and bolsters provided to stabilize the client adequately</i>		
		<u>Draping</u>		
		Drapes are clean in appearance, smell and to the touch.		
		The table/chair is adequately covered		
		<u>Lubricants</u>		
		Lubricants are selected according to the client's preferences		
		Lubricant container is cleaned before the treatment begins		
		Lubricants are dispensed from appropriately hygienic dispensers		
		• <i>Oils - plastic squeeze or pump bottles</i> • <i>Waxes- pottle using plastic or wooden scooper</i> • <i>Creams and Gels - tube or pottle using plastic or wooden scooper</i> • <i>Lotions- plastic squeeze or pump bottles.</i>		
		Client is screened for allergies, and lubricants are used are in accordance with their allergy profile.		

ASSESSING	EVIDENCE	JUDGEMENT	C ☑	M ☑
Prepare for massage practice (environment, equipment and self)	Evidence is taken from the student’s personal preparation and their preparation of a supervised clinical environment.	<u>Environmental & Personal Preparation</u>		
		Client forms are prepared before the client arrives		
		Client is welcomed & greeted by name		
		Client is asked if they would like music, and music is played if they indicate they would like it		
		Therapist’s cell phone is turned off		
		Student prepares themselves before the treatment begins by washing their hands to the elbows		
		Student prepares themselves before the treatment by either grounding, centering, or relaxing		
<u>Feedback on preparation for massage practice:</u>				

ASSESSING	EVIDENCE	JUDGEMENT	C ☒	M ☒
Identify the presence of injury or disease through observation of soft-tissue	Evidence is taken from the student's observation of the body of their client in the supervised massage clinic.	Observation of soft tissue determines the presence of any signs of disease or injury that are present before the application of massage techniques. • Rashes • Bruises • Burns • Broken skin • Inflammation • Muscle asymmetry • Any other signs that are deemed to be important by the clinical supervisor. If there are no signs of disease or soft-tissue injury, this is mentioned to the clinical supervisor.		
<u>Feedback on the client interview process and observation of soft-tissue:</u>				

ASSESSING	EVIDENCE	JUDGEMENT	C ☒	M ☒
Identify the presence of disease, injury or dysfunction through palpation of soft-tissue at a basic level	Evidence is taken from the clinical supervisor's observation of the student, and the student's description of their palpatory findings during the massage of a client in the supervised massage clinic.	Student locates an area of tension in the body, describes what they are feeling and the description is believable. Student palpates the area after treatment and describes palpable changes if any.		
Select and apply a range of massage techniques for relaxation	Evidence is taken from the clinical supervisor's observation of the student performing a relaxation massage of a client in the supervised massage clinic.	<u>Initial contact</u>		
		Contact is established within safe boundaries of body contact		
		Hands are warmed before the establishment of contact		
		Therapist is relaxed when establishing contact		
		Body contact is established using full palmar surface		
		Initial contact is firm		
		<u>Application of massage techniques</u>		
		Effleurage is performed in a manner conducive to relaxation in at least two body regions		
		Petrissage is performed in a manner conducive to relaxation		
		Compression is performed in a manner conducive to relaxation		
		Vibration is performed in a manner conducive to relaxation		
		Shaking is performed in a manner conducive to relaxation		
		The selection and application of massage techniques is in accordance with the treatment plan		

ASSESSING	EVIDENCE	JUDGEMENT	C ☑	M ☑
Select and apply a range of massage techniques for relaxation	Evidence is taken from the clinical supervisor’s observation of the student performing a relaxation massage of a client in the supervised massage clinic.	The use of an appropriate lubricant in an appropriate amount (not too much – not too little) allows the therapist to apply massage techniques effectively.		
		Massage relaxation techniques are applied in a whole body sequence		
		Movement from one massage stroke to another and from one area of the body to another is linked by continuous flowing strokes		
		During the treatment the therapist works more deeply into at least one area of tension		
		At this time touch moves from superficial & general to specific & deep		
		Reassuring, flushing strokes are applied to sooth the local area after the deeper work.		
		Client is monitored throughout the treatment to detect any discomfort. Monitoring may include - Assessment of verbal and non-verbal response - Breathing pattern - Skin temperature and colour - Muscle tension		
		Responses to client feedback are appropriate		
		Client conditions or contraindications are taken into account during treatment		
		All body regions of the client that are not being worked are covered throughout the treatment		
Bolsters are adjusted throughout the treatment to ensure maximum client support and comfort				

ASSESSING	EVIDENCE	JUDGEMENT	C ☒	M ☒
Select and apply a range of massage techniques for relaxation	Evidence is taken from the clinical supervisor's observation of the student performing a relaxation massage of a client in the supervised massage clinic.	Placement of bolsters/pillows allows the candidate to apply massage techniques effectively.		
		Contact is maintained within safe boundaries of body contact		
		Client warmth is assessed at least twice during the treatment		
		<u>Finishing massage</u>		
		Touch is ceased by moving from specific to general and deep to superficial area		
		The gradual ceasing of physical body contact ensures the therapeutic quality of touch is not lost, and the client is prepared for cessation of body contact.		
		Client instructed how to get off the table safely including sitting on side of the table for a period after the massage to compensate for light-headedness		
Prepare for massage practice (environment, equipment and self)		Massage table should be cleaned after use using an appropriate vinyl cleaner.		
		Used drapes are placed in an area separate from the clean drapes storage area		
		The student must wash their hands to the elbows after the treatment		

Feedback on the application of relaxation massage techniques:

TOTAL	C: /	M: / + / 8 (Extra C) =
INITIAL ASSESSMENT (circle one):	Completion with Merit / Competent / Not Yet Competent	
Assessor:_____	Date: / /	
RESIT (circle one):	Competent / Not Competent	
Assessor:_____	Date: / /	